

This Small, Daily Investment Reaps a Glorious Profit in Your Life

It is time we take inventory of our thought life and understand the nuclear power found in a steady, stable and fruitful thought life.

Unfortunately, most people listen to whatever thoughts come up. They simply react to whatever thoughts come their way, rather than establishing by choice what they will think.

We have to move from just a defensive posture with our thoughts to an offense. We have to choose what we think about because our health and life depend on it.

The majority of thoughts that come down the pike are negative and destructive. This means that most people spend the majority of their time feeding, fighting off or justifying toxic thoughts within.

What do you spend most of your time doing with negative thoughts?

- **Feeding:** We allow those thoughts to fester and therefore, empower them.
- **Fighting Off:** We have a position of attack to overcome hindering thoughts.
- **Justifying:** We defend our toxic thinking and live in denial of dangerous thoughts.

To recover the atmosphere of thinking within, we need to get to *why* watching over and nurturing a healthy thought life is so important. Here are four important reasons to remember:

1. Our thoughts feed our health. Sometimes we make living in health very complicated. But really it comes down to our

thought life. The book of 3 John gives us a prayer for our health:

“Beloved, I pray that all may go well with you and that you may be in good health, even as your soul is well” (3 John 1:2, MEV).

God’s will and desire for you is that you would not only prosper, but be in health, **as the soul prospers**. Here we see that health is tied to our thinking. Our overall ability to keep disease from overwhelming our physiology has a lot to do with our investment of thoughts over the years.

The thoughts about how we see God, ourselves, others and our environments are the critical areas. If we often fall into toxic thinking there, we can soon see a compromising of our health. This is because our body is a responder to thoughts that are going on within us.

2. Our thoughts feed our identity. *“For as he thinks in his heart, so is he” ... (Prov. 23:7, MEV).*

The compilation of your thoughts will form who you are. Your identity is the compilation of all the thoughts, beliefs and perspectives you have come into agreement with, that now form who you become. This is why how we think on a daily basis is so incredibly important. Every time we think, we make an investment into who we are becoming.

3. Our thoughts feed our words. *“But those things which proceed out of the mouth come from the heart, and they defile the man”(Matt. 15:18, MEV).*

The more you think on something, the more it will come out in your words. Those words become your rudder, driving the direction your life will head into. You can often tell what is going on in the heart of someone by taking a scan over the words that are spoken.

4. Our thoughts feed into our destiny. If you want to have a better life with greater health and victory, you must change how you think. You may not be able to change every circumstance around you, but by changing your thoughts, you give yourself permission to not be overcome by your surroundings.

Many people want a better life or improved circumstances, but they don't want to make the daily investment into their thought life. Just as daily investment into a bank account over the years pays dividends, your daily thought investment pays dividends into your destiny. {eo}

Question: Are you seeing your thought life as a daily investment into your life?

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